Do you stare at this all day?
Ask the Doctors at Nowlan & Moore how a pair of computer glasses can increase productivity.
Nowlan & MOORE OPTOMETRIC
FALL SPECIAL
40% off
select frames until the end of Oct.
409-428 Portage Avenue
www.drrossmoore.ca • 204-942-0059
Located Downtown in the Power Building beside The Bay

Birchwood TIRES
FINANCE YOUR WINTER TIRES THROUGH MANITOBA PUBLIC INSURANCE.
BIRCHWOODTIRES.CA | TOLL FREE: 1-888-714-5789

Winnipeg metro
Your essential daily news | TUESDAY, OCTOBER 6, 2015
High 13°C/Low 0°C Partly Cloudy

TALL PEOPLE HAVE MORE SEX
metroLIFE

KEEP YOUR EYES ON THE BATS

PHOTOS ISTOCK

U of W seeks help from the community to save species metroNEWS

First Nation to address UN

SHOAL LAKE 40

Group will make case for economic, social and cultural rights in February

A reserve cut off from the mainland and under a boil-water advisory for almost two decades is taking its case to the United Nations.

Shoal Lake 40 First Nation, which straddles the Manitoba-Ontario boundary, became isolated a century ago during construction of an aqueduct that carries water to Winnipeg. The reserve has no all-weather road and has been without clean water for 17 years.

A delegation from the reserve is expected to travel to Geneva, Switzerland, in February to make its case to a UN committee on economic, social and cultural rights.

The First Nation is also part of a worldwide investigation by Human Rights Watch. That review is to be presented to the same UN committee reviewing Canada's human-rights record.

Chief Erwin Redsky said his delegation will outline "all the human-rights violations we suffer daily," including a lack of clean water, no freedom of movement and inadequate health care and education.

"We're going to tell the world what's going on in Canada here, specifically to Shoal Lake 40, what's been going on for 100 years now," he said.

Since there is no permanent road, people from the reserve risk their lives every winter walking across the ice to get to and from the mainland. Some have died.

Residents have been lobbying for years for what they call a permanent Freedom Road into the community. Public support and pressure has been growing among multi-faith groups, social-justice activists and the business community.

The City of Winnipeg, Manitoba and federal government have put up $1 million each for a design study, which is to be completed in January.

The federal NDP and Liberal Party have promised to fund Ottawa's share of road construction if victorious in the Oct. 19 election. THE CANADIAN PRESS

VFS 30TH ANNIVERSARY INFO SESSIONS
MEET VANCOUVER FILM SCHOOL IN A CITY NEAR YOU.
> Find a career in animation, film, games, design, sound, or programming
> Get details about our $300,000 anniversary scholarship fund
> Learn about intensive one-year training in Vancouver, Canada
> Discover if VFS is the right education choice for you
OCTOBER 27
6:00PM-9:00PM
DELTA WINNIPEG
REGISTER TO SAVE YOUR SEAT NOW AT VFS.EDU/WINNIPEG
30 YEARS
THOUSANDS OF CAREERS

metro NEWS
Your essential daily news

NASA taps U.S. Navy's research for Mars mission. **World**

MOUNTIES

Speeding video leads to charges

Swan River RCMP liked one man's Facebook post of someone speeding down a Manitoba highway at up to 190 km/h so much, they decided to investigate and have now charged a man with an assortment of Manitoba Highway Traffic Act offences.

Sheldon Karl Skulmoski, 43, of Swan Valley West, was charged with dangerous operation of a motor vehicle and other offences after RCMP saw the post, which went up Sept. 25.

"Our officers have many ways to investigate criminal offences and those include monitoring activities and postings on public sites and social media," said Sgt. Bert Paquet of the Manitoba RCMP.

"The total disregard for public safety is what ultimately led to criminal charges being laid in this case."

The video, which runs for three minutes and 38 seconds and is posted on the account of Sheldon Skulmoski, shows the driver's side view through a cracked vehicle window and then pans down to the vehicle's speedometer that shows speeds varying between about 120 km/h and almost 190 km/h.

Music is playing in the background, and no talking is heard during the entire video. You see what appears to be a man's hand on the steering wheel.

These words appear with the post: "f—ing ford escape and runnin from nothing at 190, couldn't even get 200 outta that f—er no matter how long I held it down , f—in take all day to load."

Skulmoski was released with conditions and is scheduled to appear in Swan River court on Nov. 4. METRO

Group fighting to turn church into a mosque

COMMUNITY

City must strip heritage designation to move forward

Dave Baxter
Metro | Winnipeg

Members of Winnipeg's Muslim community are hoping to take a historic North End church and convert it into a mosque, but they will have some hurdles to jump through before they can make changes to the building because of its historic designation.

Mohammad Tariq is representing a group that has a tentative deal to purchase the former St. Giles United Church at 294 Burrows Ave.

The group wants to convert the church into a mosque, but the conversion of the building would require a number of changes to the interior, which would currently not be allowed because of its historic designation.

At a meeting of the city's Downtown Development Committee on Monday, Tariq asked that the building's historic designation be lifted.

"First of all, I will tell you that we need extensive interior renovations," said Tariq.

Tariq assured the committee they do not want to demolish the existing building or make changes to the exterior.

Winnipeg's Muslim community is growing and a new mosque in the city is needed, said Tariq, who added the mosque could help breed new life into the area.

Coun. Brian Mayes said a good compromise might be to keep the building's historic designation on the outside, while lifting it on the inside.

"I think the goal is to not have the building demolished," said Mayes. "The group is saying we're fine with the exterior but we'd have to redo some of the interior, so I think that would be a workable compromise."

The issue will go back to the next meeting of the Downtown Development Committee.

CONTEST

KIDS HANG OUT WITH WINNIPEG BLUE BOMBERS

Students at Darwin School in St. Vital got to visit with Winnipeg Blue Bombers players and mascots after winning a contest put on by the 103rd Grey Cup Festival. Teacher Nissa Chmilowsky is using the Grey Cup educational supplement to incorporate football, history and team building into her teaching. 10-year-old Jordan Nelson, second from left, Madi Hope, 11, and Tiana Normand, 10, took advantage of the visit and hung out with Buzz and Boomer.

DONNA MAXWELL/FOR METRO

POLICE

Computer search leads to 54 new charges for sex offender

A convicted sex offender, already in jail for previous offenses, is facing another 54 charges related to child exploitation following an investigation by members of the Counter Exploitation Unit.

Kevin John Rose, 42, was arrested in December 2014 following an investigation involving the exploitation of underage girls.

He was again charged in March after police said he lured a 17-year-old girl he met online into prostitution and attempted to do the same with a 13-year-old girl he also met online. The Internet Child Exploitation Unit has now completed an examination of Rose's computers and investigators identified one adult female and six underage female victims. Rose was charged Friday with the latest 54 counts, which include luring under 16 years of age, possessing child pornography, importing and distributing child pornography, sexual interference, sexual assault among others, Rose was remanded back into custody. METRO

IN BRIEF

Selena Gomez coming back to Winnipeg

The American pop-singer will return to the MTS Centre, this time to perform May 20 as part of her worldwide Revival Tour. Tickets range in price from $49.50 to $89.50 plus fees and taxes. Tickets go on sale Oct. 17 at ticketmaster.com.
METRO

CRIME

Man charged in multiple robberies

Police have charged a Winnipeg man following a string of commercial robberies that began in late September.

Benjamin Roy Halvorsen, 35, was charged after an attempted robbery in the 1700 block of Henderson Highway on Sunday just after 10 a.m.

The suspect failed in his attempt to rob the business, but witnesses told police he fled the scene in a black Dodge pickup truck. Halvorsen was charged with numerous offences in relation to eight robberies on Main Street, Henderson Highway, McLeod Avenue, Springfield Road, Salter Street and Selkirk Avenue, from Sept. 29 to Oct. 4. METRO

There ain't no party like a Manitoba Museum party

SOIRÉE

Science Gallery getting into the event business

Shane Gibson
Metro | Winnipeg

Like science, but hate not being able to tipple a drink or two while learning about it?

The Manitoba Museum has you covered.

The museum is hosting an adult-oriented evening — known outside of scientific circles as a party — at its Science Gallery Thursday to mark the anniversary of the Sputnik launch.

"There's a bar, there's science programming and we're running a special show at the planetarium," explained the museum's manager of science communications and visitor experiences. "Then later in the evening we have some DJs who take the stage in the planetarium and it turns into a dance party."

That's right, there's going to be a dance party in the planetarium.

The museum has been opening up the Science Gallery (formerly known as Touch the Universe) for big kids for several years as part of a science-related party called Yuri Night, which is held at similar venues around the world April 12, and marks the day the first human, Yuri Gagarin, launched into space.

The popularity of the once-a-year shaker led Young to look for other reasons to party.

"It always sells out well in advance and we have limited capacity," he said. "So the only way to sort of make people happy was to start running more of them."

Young said people often get dressed up as their favourite science-fiction characters for Yuri Night, and expects the same sort of atmosphere for their latest soirée.

The museum is planning more adult-oriented evenings in the future, including an upcoming party to celebrate ice and arctic exploration that will rock the museum's latest exhibit, National Geographic Presents: Earth Explorers, in November and another marking safari exploration in February.

"I'd like to do them once a month," said Young. "It's just a matter of finding themes."

The Sputnik Night party starts at 7 p.m. and rages on until 1 a.m. and there's still tickets available. Tickets are $15 each (which includes pizza — yes it's a pizza dance party) and can be found online at manitobamuseum.ca or at the Science Gallery box office.

NIGHT AT THE MUSEUM

Parties can't go all night, and once the good times wrap up museum staff will work through the wee hours to get the Science Gallery all cleaned up and ready for school groups early Friday morning.

Scott Young stands in the space section of the museum's Science Gallery, which is opening up for an after-hours adult party night on Thursday, to celebrate the anniversary of the Sputnik satellite's launch. SHANE GIBSON/METRO

PROTECTION

Batman needs your help

Dave Baxter
Metro | Winnipeg

The University of Winnipeg's very own Batman is asking for the public's help in an effort to keep bats alive in Manitoba and across Canada.

Dr. Craig Willis doesn't drive around in a Batmobile, but the associate professor of biology at the U of W is affectionately known around the campus as UWinnipeg's Batman.

Willis, who works in the university's bat lab, is now encouraging the public to get involved in the protection of Canadian bats.

"People are often creeped out by them and there are a lot of untrue myths about them," he said.

Bats have positive economic and ecological impacts in Canada, said Willis, who added bats feeding on insects around cornfields greatly reduce damage and bacteria to those fields.

Willis said three species of bats in Canada are in real danger of extinction because of an infectious disease known as white-nose syndrome (WNS), which has killed millions of bats in North America since it was introduced to the continent less than 10 years ago.

One of the best ways that the UWinnipeg bat lab can help conserve bats is to get a better idea of Manitoba's current bat population, so Willis wants people to report known colonies.

People can visit the Neighbourhood Batwatch at batwatch.ca to learn information about bats in central Canada, register a colony on their property, and learn how to enter their own scientific data.

We've already met your next rock star. Allow us to introduce you.

Accountants Now, giving you access to the accounting and finance talent you've been searching for.

- Executive & Professional Search
- Permanent, Interim & Contract Staff

accountants now Accounting & Finance Recruitment
A Pinnacle Company

GET STARTED TODAY!
www.accountantsnow.jobs | 204.926.2210

READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

Youth hold 'lot more power' to tip the scales

ROSEMARY WESTWOOD
in Halifax

Sasha Sears is in a dilemma.

Her riding, Halifax, features an NDP incumbent, Megan Leslie, who "has done a really great job of being super integrated into the community. They're about the people; that's how I feel about the NDP."

But nationally, it's Justin Trudeau who seems the most compelling. He's "young, he has a young family, he's talking about really progressive issues, like legalizing marijuana, that a younger demographic gets and understands and feels is relevant to our life nowadays."

Sears still views the NDP as tied to the interests of unions, which she says don't have much relevance to her life.

"The party hasn't really had an opportunity to prove themselves," she adds. "They're still finding their footing." And while the NDP is appealing to many young people, she's not sure if its young candidates have the experience to be successful if elected.

So, should Sears vote for a local candidate she likes or an appealing federal platform?

So far, even though she's a traditional Liberal voter, she's unsure. But she won't be voting Conservative: "I just have no time for that party whatsoever."

Sears, 30, works for a business-development organization in Halifax. She helps young people build professional networks to find meaningful work, and so she has a front-row seat to watch university graduates try — and struggle — to get a good job.

"What are the parties planning on doing to help youth in particular?" she asks. "(The) youth unemployment rate is double the national average. The cost of post-secondary education is through the roof for Nova Scotia," she says. "Just being saddled with so much debt and not having the promise of a bright future is something I'm worried about and my vote will reflect."

Sears also recently bought her first house while still paying off student loans herself. So the Green party's promise to relieve student debt is enticing. But there's a but.

"It sounds almost too good to be true," she says. "I'm a little skeptical. It's wonderful they want to do that and promote that as one of their platform promises, but when it comes down to action around it, what does that look like? How is that going to happen? How are universities going to function if there's no tuition?"

Sears hasn't felt inundated by political messaging ("As a millennial, I don't have cable in my home, I don't see the attack ads") — but she is concerned that her compatriots aren't getting the message that they need to vote.

"I think we're at a tipping point in our history based on our previous leader and the party in power and what is to come," she says.

"I just really feel this election holds great importance. I think we have a lot more power than people think we do. If we were to all go out and vote, it would really change the political landscape."

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Winnipeg tomorrow.

VOTER PROFILE

Name: Sasha Sears **Age:** 30 **Riding:** Halifax
Her issues: Youth employment and tuition reform

Mock election makes the abstract real for teenagers

STUDENT VOTE

Program aims to inspire political awareness

Haley Ryan
Metro | Halifax

When Keshav Paliwal votes for a federal candidate next week, it won't count — and he couldn't be happier about it.

Paliwal, organizer of Prince Andrew High School's Student Vote event — one of more than 7,300 mock elections being held across Canada before the official count Oct. 19 — said now is the time to get teens thinking about politics.

"I can't vote until January when I'm 18, but if we engage ourselves now and we engage our peers before they can vote, chances are, over time, once they can … they will," Paliwal, 17, said Monday.

As part of the Student Vote program run by the non-partisan Civix group, the Dartmouth, N.S., school will see all four federal candidates in its riding pitch their platforms to students before taking questions, as will provincial MLAs, Halifax Mayor Mike Savage — and musician Joel Plaskett, for extra attention.

Students will then drop ballots off in a mock vote, the results of which are often "very close" to election day, said political-science teacher Tim Halman.

"For many people, politics is something that happens on television and it's something that's abstract," Halman said.

"It's going to go from the abstract to the real."

According to Elections Canada, only 39 per cent of the 18- to 24-year-old demographic voted in the last election, and the National Youth Survey Report showed "not interested in voting" came in as the biggest reason (28 per cent).

The survey said someone's likelihood of voting "increases with higher levels of knowledge and interest in politics" and that civic education, as well as talking with family and friends, can increase "the motivation to vote."

"If you don't understand something, you're not going to interact with it; you tend to ignore it," Halman said.

NDP candidate Robert Chisholm said it's important for him to attend to emphasize voting as a responsibility.

"It's important for them to hear from people that are either engaged in the process or in some way leaders," Chisholm said.

"Maybe something will connect, something will instil a sense of desire for more knowledge."

According to Apathy is Boring, a non-partisan group aimed at youth, those who don't vote in the first two elections in which they're eligible are less likely to vote through their lives.

Robyn Laing and Matthew LeBlanc, who will also be on stage hosting the Student Vote event next Tuesday with Paliwal, said they hope the message of engagement means more coming from them.

"If a teacher gets up, it just sounds like another class," LeBlanc said as Paliwal nodded.

Paliwal said he's hoping to hear questions on federal issues such as the Syrian refugee crisis, environment and economy.

"A democracy is only as strong as the people that are engaged in it," Paliwal said.

"If people are aware … then the government's going to be making the choices we want made, and that's what it's about — it's about us."

Laing said that before Halman asked her to help with the project, she had never thought about politics or knew what the prime minister did.

"I tried to get my mom involved because she isn't into politics at all, so I got her voting," Laing said with a smile.

"She's like, 'What are you talking about?' and I'm like, 'Just sit there and listen so I can have someone to talk to about it.' It's interesting."

From left: students Keshav Paliwal, Robyn Laing and Matthew LeBlanc, all 17, pose with ballot boxes in Prince Andrew High School on Monday. HALEY RYAN/METRO

563,000
Number of ballots cast in the 2011 Student Vote

> **I'd like to be involved in who's making the decisions for Canada.**
> Robyn Laing

> **We have to show that we want things to be about us.**
> Keshav Paliwal

‘Historic day’ for Harper

ELECTION 2015

TPP trade deal announcement evokes scrutiny from opposition

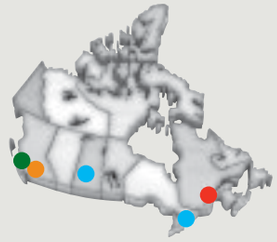
Stephen Harper’s blockbuster trade deal upstaged Justin Trudeau’s students and the stage and screen stars backstopping Tom Mulcair on Monday as the three main parties began their two-week sprint to the ballot box.

Mulcair, the NDP leader, had a stage full of television, music and film personalities — it even included a performance by the folk duo Whitehorse — all lined up for his announcement about helping artists.

Trudeau was all set to unveil a high-gloss campaign platform, a popular Liberal strategy, in front of a crowd of earnest university students eager to cheer his plan of expanded grants and easier loan repayment terms.

But the Pacific Rim depth charge known as the Trans-Pacific Partnership blew them both out of the water.

WHERE THE LEADERS ARE TUESDAY



- **Stephen Harper** will be in Whitby, Ont., and Saskatoon, Sask.
- **Justin Trudeau** will be in Montreal.
- **Tom Mulcair** will be in Surrey, B.C.
- **Elizabeth May** will be in Vancouver.

“Today is a historic day,” a prime ministerial Harper beamed during a news conference in Ottawa as he described the deal as nothing short of “the largest economic partnership in the history of the world.”

Not everyone is enamoured of the deal: Held up by Harper as a model for future 21st-century trade agreements, Mulcair is committed to tearing it to pieces.

“I will not be bound by Stephen Harper’s secret deals,” he said.

A New Democrat government would provide $60 million over four years to Telefilm Canada and the National Film Board, and loosen rules to secure grants from the Canada Council for the Arts, Mulcair promised instead.

Trudeau, unveiling the Liberal platform at Wilfrid Laurier University in Waterloo, Ont., parked his vote on the TPP until all the details are clear.

The federal government has offered no guarantees but expressed optimism the 12 countries involved might make it available before voting day in two weeks. THE CANADIAN PRESS

SEE PAGE 8 FOR MORE ON THE DEAL

Conservative Leader Stephen Harper upstaged the other party leaders on Monday with what he claims to be “the largest economic partnership in the history of the world.”
NATHAN DENETTE/THE CANADIAN PRESS

REPORT

Digital creativity thriving: Social media expert

Canadians are using a multitude of social media platforms to explore and expand expression, according to an expert, who says we’re more digitally creative than ever before.

Social media has always been about communication, but it hasn’t always been about content creation, said Sidneyeve Matrix, a media professor at Ontario’s Queen’s University.

“That’s new. We’re using our phones to actually create original content for self-expression, for brand affiliations, to connect and communicate with people we care about,” said Matrix in a recent phone interview.

Matrix was responding to a set of CBC research reports that looked at social media sites other than Facebook: Twitter, Instagram, Pinterest, Snapchat and Reddit.

The results showed high numbers of people sharing content across all five platforms. The reports also found that Pinterest, Instagram and Snapchat users were more likely to be women. THE CANADIAN PRESS

THUNDER BAY

Inquest into deaths underway

A long-awaited inquest into the deaths of seven aboriginal youths who moved from their remote reserves in northern Ontario to go to high school in Thunder Bay, Ont., opened Monday following a sunrise ceremony.

In an opening statement to the jury, presiding coroner Dr. David Eden warned of a difficult road ahead.

“We are starting on a long pathway,” Eden said. “During that time as we go through this pathway, there will be differences. It’s our job to manage those differences with wisdom, not with anger.”

The inquest, expected to last until next spring and hear from about 200 witnesses, is probing the deaths of Jethro Anderson, 15, Curran Strang, 18, Robyn Harper, 19, Paul Panacheese, 21, Reggie Bushie, 15, Kyle Morrisseau, 17 and Jordan Wabasse, also 15.

All died between 2000 and 2011 while, as Eden put it, trying to advance their lives and the well-being of their communities through education.

Six of them went to Dennis Franklin Cromarty High School; the seventh attended the Matawa Learning Centre. Both schools specialize in accommodating aboriginals. THE CANADIAN PRESS

BACKGROUND

The inquest, which is being live streamed, resumes Tuesday with testimony from toxicologists.

COURT OF APPEAL

Feds lose bid on hold request

A new court ruling means a devout Muslim woman who chooses to cover her face now has a chance to become a Canadian and vote in the Oct. 19 federal election.

The Federal Court of Appeal on Monday rejected a government request to put a recent decision in favour of Zunera Ishaq on hold while Ottawa seeks a hearing in the Supreme Court of Canada.

Appeal Justice Johanne Trudel dismissed the government’s application for a stay of a Sept. 15 decision that affirmed the unlawfulness of a federal rule prohibiting a niqab at a citizenship ceremony.

Ishaq, 29, came to Ontario from Pakistan in 2008. She refused to take part in a citizenship ceremony because she would have to show her face due to a December 2011 policy requiring candidates who wear full or partial face coverings to remove them during recitation of the oath.

The Federal Court of Canada found the rule unlawful in February and the Court of Appeal recently upheld the decision. A three-judge panel ruled from the bench immediately after a hearing, saying they wanted Ishaq to obtain citizenship in time to vote.

On Monday, Trudel said she could not agree to the federal request for a stay of the appeal court’s mid-September ruling.

The issue of face coverings at citizenship ceremonies has generated sparks in two French-language debates.
THE CANADIAN PRESS

TRAIN FOR A REWARDING CAREER IN HEALTHCARE!
Get the hands-on training you need to excel in your new career. Apply today and earn your Health Care Aide diploma in less than a year!
CDI COLLEGE ALSO OFFERS PROGRAMS IN:
• ACCOUNTING AND PAYROLL ADMINISTRATOR
• ADDICTIONS AND COMMUNITY SERVICES WORKER
• INTRA ORAL DENTAL ASSISTING
• LEGAL ADMINISTRATIVE ASSISTANT
• MEDICAL OFFICE ASSISTANT
• AND MORE!
ASK ABOUT OUR EVENING CLASSES!
*jobbank.gc.ca
Financial assistance may be available to qualified applicants.
1.800.360.7186
STUDY.CDICOLLEGE.CA
CDI college

Nobel in their effort

MEDICINE PRIZE

Three win for fight against parasite-borne illnesses

The Nobel prize in medicine went Monday to three scientists hailed as "heroes in the truest sense of the word" for saving millions of lives with the creation of the world's leading malaria-fighting drug and another that has nearly wiped out two devastating tropical diseases.

Tu Youyou — the first-ever Chinese medicine laureate — turned to ancient texts to produce artemesinin, a drug that is now the top treatment for malaria. Inspired by traditional Chinese medicine, Tu discovered while working on a project for the Chinese military during the Cultural Revolution that a compound from the wormwood plant was highly effective against the malaria parasite.

She will share the eight-million Swedish kronor (about $960,000 US) award with Japanese microbiologist Satoshi Omura and William Campbell, an Irish-born U.S. scientist.

Jan Andersson, Juleen Zierath and Hans Forssberg of the Karolinska Institute Nobel committee, talk to media in Stockholm on Monday. FREDRIK SANDBERG/TT VIA THE ASSOCIATED PRESS

Omura and Campbell created the drug avermectin, whose derivatives have nearly rid the planet of river blindness and lymphatic filarisis, diseases caused by parasitic worms and spread by mosquitos and flies.

In Stockholm, the Nobel committee said the winners, who are all in their 80s and made their breakthroughs in the 1970s and '80s, had given humankind powerful tools: "The consequences in terms of improved human health and reduced suffering are immeasurable."

The medicine award was the first Nobel Prize announced. Winners of the physics, chemistry and peace prizes are set to be announced later this week. The economics prize will be announced next Monday. No date has been set yet for the literature prize. THE ASSOCIATED PRESS

SPACE MISSIONS

NASA looks to Navy for tips on isolation

As NASA contemplates a manned voyage to Mars and the effects missions deeper into space could have on astronauts, it's tapping research from another outfit with experience sending people to the deep: the U.S. Navy submarine force.

The space agency is working with a military laboratory at the submarine base in Groton, Conn., to measure how teams cope with stress during month-long simulations of space flight.

Often isolated for long stretches, astronauts and submariners face many of the same challenges.

"We have a shared interest with the Navy in team resilience," said Brandon Vessey, a scientist with NASA's human research program. "When you stick people together for a long period of time, how are they going to do?"

The Navy research that piqued NASA's interest started about five years ago when the Groton-based Naval Submarine Medical Research Laboratory, at the request of the submarine force, began examining ways to make tactical teams work together better.

> **You can't just call back to Earth for advice.**
> Former submarine commander Ronald Steed

Through observation of submarine crews, the Navy scientists developed a way to evaluate how teams are performing. The study singled out important team practices including dialogue, critical thinking and decision-making and developed a way to assess how teams respond to setbacks. The research was made available more than a year ago to submarines' commanding officers but it has not yet been institutionalized by the Navy.

The experiment with NASA is expected to begin in January or February. The space agency is taking a bigger interest in human-behaviour issues as it pursues the capability to send humans to an asteroid by 2025 and to Mars in the 2030s. THE ASSOCIATED PRESS

REFUGEE CRISIS

Turkey's president wants no-fly zone

Turkey's president sought European backing on Monday for the creation of buffer and no-fly zones on the Syrian border, saying that such moves are key to ending the refugee crisis.

Turkey is hosting around two million refugees from the conflict in Syria, which began in 2011 following protests against President Bashar Assad's government. Tens of thousands of others have entered the EU from Turkey this year, overwhelming border authorities and reception centres.

"The root cause of the refugee crisis today is the war that has been taking place in Syria and the state-sponsored terror actions which have been carried out by Assad himself," said Turkey's President Recep Tayyip Erdogan.

He raised the issue of "a safe zone that would be protected from terrorism" and "a no-fly zone" in talks with senior European Union officials in Brussels. THE ASSOCIATED PRESS

IN BRIEF

I'll return to U.S.: Snowden

Edward Snowden says he has offered to return to the United States and go to jail for leaking details of National Security Agency programs to intercept electronic-communications data on a vast scale.

The former NSA contractor flew to Moscow two years ago and faces U.S. charges that could land him in prison for up to 30 years. Snowden said he and his lawyers were waiting for U.S. officials "to call us back." THE ASSOCIATED PRESS

Pistorius may stay in prison

Oscar Pistorius' lawyer says a decision on the Olympic athlete's early release from prison has been referred back to the parole board.

That could mean Pistorius remains in prison until after Nov. 3, when prosecutors still seeking a murder conviction appeal to South Africa's Supreme Court.

Pistorius was acquitted of murder but found guilty of a lesser charge of culpable homicide for shooting Reeva Steenkamp in 2013. THE ASSOCIATED PRESS

HURRICANE JOAQUIN

Container ship lost with 33 on board

The captain of the 790-foot El Faro planned to bypass Hurricane Joaquin, but some kind of mechanical failure left the U.S. container ship with 33 people aboard helplessly — and tragically — adrift in the path of the powerful storm, the vessel's owners say.

On Monday, four days after the ship vanished, the Coast Guard concluded it sank near the Bahamas in about 4,500 metres of water.

One unidentified body in a survival suit was recovered, and the search went on for any trace of the other crew members. Survival suits help mariners float and stay warm. But even in warm water, hypothermia can set in quickly, Coast Guard Capt. Mark Fedor said.

He said the hurricane had winds of about 225 km/h and waves topping 50 feet. The ship, carrying cars and other products, had 28 crew members from the U.S. and five from Poland. THE ASSOCIATED PRESS

MEDICAL ETHICS

California moves to allow legal suicide with prescribed drugs

California will become the fifth U.S. state to allow terminally ill patients to legally end their lives using doctor-prescribed drugs. Gov. Jerry Brown announced Monday he had signed the legislation.

Brown, a lifelong Catholic and former Jesuit seminarian, announced he signed the legislation after thoroughly considering all opinions and discussing the issue with many people, including a Catholic bishop and two of Brown's doctors.

"In the end, I was left to reflect on what I would want in the face of my own death," the governor wrote in a signing statement that accompanied his signature on the legislation.

"I do not know what I would do if I were dying in prolonged and excruciating pain. I am certain, however, that it would be a comfort to be able to consider the options afforded by this bill."

He added he wouldn't deny that right to others. Until now, Brown had declined to comment on the issue.

State lawmakers approved the bill on Sept. 11. A previous version failed this year despite the highly publicized case of Brittany Maynard, a 29-year-old California woman with brain cancer who moved to Oregon so she could legally end her life.

Opponents said the bill legalizes premature suicide, but supporters call that comparison inappropriate because it applies to mentally sound, terminally ill people — not those who are depressed or impaired.

Religious groups and advocates for people with disabilities opposed the bill and nearly identical legislation that had stalled in the state legislature weeks earlier, saying it goes against the will of God and puts terminally ill patients at risk for coerced death.

The measure was brought back as part of a special session intended to address funding shortfalls for the state's health-insurance program for the poor. THE ASSOCIATED PRESS

Debbie Ziegler holds a photo of daughter Brittany Maynard, who legally ended her life. RICH PEDRONCELLI/THE ASSOCIATED PRESS

The university shooting in the northwestern state of Oregon on Thursday has prompted presidential candidate Hillary Clinton to pitch the expansion of background-check requirements when purchasing firearms. JOSE LUIS MAGANA/THE ASSOCIATED PRESS

Clinton makes plea for tougher gun laws

U.S. CAMPAIGN

Rolls out set of proposals to tighten rules on buyers, sellers

Presidential candidate Hillary Rodham Clinton offered an emotional plea Monday for tougher gun-control laws in the wake of a deadly university shooting, decrying the "extremism" that she said has come to characterize the debate over U.S. gun laws.

Clinton, the front-runner for the 2016 Democratic presidential nomination, vowed to tighten regulations on firearm buyers and sellers with a combination of congressional and executive action.

Jumping into one of the most divisive issues in U.S. politics, Clinton has made strengthening gun laws a centrepiece of her presidential campaign following a series of mass shootings in the past few months. The latest shooting left nine people dead at a university in the northwestern state of Oregon on Thursday.

During an appearance at a campaign town hall, Clinton veered between sadness and anger, accusing her Republican opponents of "surrender" to a difficult political problem.

"This epidemic of gun violence knows no boundaries, knows no limits of any kind," she told the crowd of several hundred. "How many people have to die before we actually act, before we come together as a nation? It's time for us to say we're better than this."

> **How many people have to die before we actually act, before we come together as a nation?**
> Presidential candidate Hillary Rodham Clinton

Clinton was joined by the mother of a six-year-old victim of the 2012 school shooting in Newtown, Conn. After that shooting, which killed 20 children and six educators, President Barack Obama tried and failed to push legislation through Congress that would have tightened background checks for firearms purchasers.

Clinton said there was little "new" and "nothing unique" about her plans — aside from her determination to take action.

Her campaign rolled out a robust set of proposals Monday, including using executive action as president to expand background-check requirements. Under current federal law, such checks are not required for sales made at gun shows or over the Internet.

Clinton also proposed repealing legislation that shields gun manufacturers, distributors and dealers from most liability suits, including in cases of mass shootings.

THE ASSOCIATED PRESS

NEW MEXICO

Fossil of rodent-like species discovered

Fossils uncovered by a University of Nebraska-Lincoln student in New Mexico have led to the discovery of a new genus and rodent-like species.

The Lincoln Journal Star reports the fossils were found in May 2014 by then-sophomore Carissa Raymond in New Mexico's San Juan Basin during her first fossil hunt. She saw a row of small black teeth coming out of the ground.

"I knew it was different and big and had very interesting teeth," Raymond said. "But I couldn't have told you it was something new."

Raymond blanketed the fossilized jawbones and a partial skull roof in toilet paper and took them to Thomas Williamson, curator at the New Mexico Museum of Natural History and Science.

"When Carissa found this thing and brought it to me, I instantly suspected it was new," Williamson said in a release from the University of Nebraska. "I'd never seen anything like it before."

A paper published Monday by the Zoological Journal of the Linnean Society says the new species, named Kimbetopsalis simmonsae, was alive roughly 65 million years ago during the Mesozoic and Paleocene eras.

WEIGHT

Researchers believe the rodent-like animal weighed as much as 45 pounds.

Raymond has since gone on several more fossil hunts in the western United States. But her other finds don't compare to her first. THE ASSOCIATED PRESS

TRANSIT TUESDAY
Weekly Transit News Update

CONVENIENT DART SERVICE

Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of South and South East Winnipeg. DART buses operate during off-peak hours only and are cell phone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick up from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

GET INTO THE DOWNTOWN SPIRIT!

The next time you and your friends are planning lunch at your favorite downtown restaurant don't forget about the Downtown Spirit. Our free shuttle service is a great way to travel to Winnipeg's most popular downtown destinations. There are three Downtown Spirit routes to serve you, for complete route and schedule information visit winnipegtransit.com or call 311.

MILLENNIUM LIBRARY SERVICE CENTRE

Winnipeg Transit's Millennium Library Customer Service Centre is located at 251 Donald St. (corner of Graham & Donald). Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

WINNIPEG TRANSIT IS HIRING!

Bus operator applications are being accepted. Don't miss your opportunity to join the team of professional bus operators at Winnipeg Transit. This is a long term career opportunity that offers above average pay and superior benefits. Fully paid 6 week training program is provided to successful candidates. Visit winnipegtransit.com for more details.

PARK AND RIDE... AND RELAX!

Simply park your car at a Park & Ride location near you and take the bus to your destination. You'll enjoy the convenience, plus, save a few bucks in gas while you're at it. Visit winnipegtransit.com for more information about our award winning Park & Ride service.

WANT TO SEE THE JETS IN ACTION?

Winnipeg Transit has plenty of great seats for every Jets home game! Avoid the hassle of driving and parking downtown. Leave your car at home and take a bus to the MTS Centre! Visit winnipegtransit.com for routes and schedule information or contact 311.

Biggest trade zone awaits

TRANS-PACIFIC PARTNERSHIP

Tentative deal reached after marathon negotiations

Twelve nations, including Canada, have reached a tentative deal on a massive Pacific Rim trading bloc billed as the largest-ever deal of its kind, with implications for a staggering scope of industries, workers and for long-term international relations between countries on four continents.

After five days of marathon, around-the-clock negotiations, a deal was announced Monday to create the Trans-Pacific Partnership, and participants predicted it would become the building block for future trade deals.

Perrin Beatty, president and CEO of the Canadian Chamber of Commerce, speaks about the Pacific Rim pact at a news conference in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Who's in it? Brunei, Chile, New Zealand and Singapore started the project years ago. The United States, Canada, Mexico, Japan, Vietnam, Australia, Peru and Malaysia are now joining, bringing the membership to 12 countries. More have expressed interest in entering later, including Colombia, Thailand and South Korea.

How big is it? It's the biggest trade zone in the world, spanning four continents and representing 40 per cent of the world's economy — a far higher share than the European Union.

What does it do? It reduces or eliminates barriers on a staggering array of Canadian exports to several countries, most notably Japan. This applies to everything from machines to canola, beef and pork, minerals, forestry products and seafood. It allows up to 3.25 per cent more foreign dairy into Canada. It allows more foreign car parts into North America without tariffs. It also creates new rules for the digital economy, such as restricting governments' right to shut off data flows.

Why does it matter? This brings the economies of a fast-developing region into the American sphere of influence. It sets new trade standards in China's backyard. It sets precedents for future agreements, including any involving China and its state-owned-enterprises. It increases trade and establishes unique rules for the 21st-century, cloud-computing digital economy.

Is it a done deal? No. It still needs to be ratified in national parliaments, including Canada's, once the federal election is over.

A vote is expected early next year in the U.S. Congress, and it could prove difficult.

THE CANADIAN PRESS

IN BRIEF

American Apparel files for bankruptcy protection
American Apparel is filing for Chapter 11 bankruptcy protection, almost two years after it ousted founder Dov Charney, who is locked in a legal fight and sued the company for defamation.
THE ASSOCIATED PRESS

Greece likely to get more bailout cash, says official
Jeroen Dijsselbloem, the eurozone's top official, says he expects the Greek government to get two billion euros worth of bailout cash by the middle of October. THE ASSOCIATED PRESS

market minute

DOLLAR 76.41¢ (+0.45¢)
TSX 13,552.20 (+212.46)
OIL $46.26 US (+72¢)
GOLD $1,137 US (+$1)

NATURAL GAS: $2.450 US (-0.1¢)
DOW JONES: 16,776.43 (+304.06)

Birchwood
WHEEL DEAL
AN $800 VALUE FREE
WITH THE PURCHASE OF 4 TIRES!
birchwoodtires.ca/wheel-deal

FREE ROADSIDE ASSISTANCE COVERAGE	3 YEARS
FREE TIRE ROTATIONS & INSPECTIONS	3 YEARS
FREE RIM ROAD HAZARD COVERAGE $0 DEDUCTIBLE	3 YEARS
FREE TIRE ROAD HAZARD COVERAGE $0 DEDUCTIBLE	3 YEARS

WHAT'S INCLUDED WITH ROADSIDE ASSISTANCE?

✓ Roadside Assistance Calls	5 Per Year	✓ Mechanical First Aid	Included
✓ Theft or Hit and Run	$500 Reward	✓ Roadside Tire Change	FREE
✓ Towing	Up to 80 kms	✓ Trip Interruption Coverage	Up to $300
✓ Fuel Delivery	FREE Delivery	✓ Map Services	FREE
✓ Locksmith for Vehicle	FREE Dispatch	✓ Rental Car Discounts	YES
✓ Battery Service	Boost Plus +		

AIR FRANCE LAYOFFS

Managers flee angry workers

Union activists protesting nearly 3,000 proposed layoffs at Air France stormed the headquarters during a meeting in Paris Monday, zeroing in on two managers who had their shirts torn from their bodies, scaled a fence and fled under police protection.

Road access to Charles de Gaulle airport in Paris was briefly disrupted, and some flights suffered delays.

Although Monday's scuffle was unusually violent, labour relations in France are commonly testy, with unions sometimes even resorting to holding managers hostage — or "bossnapping" — to make a point.

Air France denounced the violence and said it will push ahead anyway with its restructuring plans, after failing to reach an agreement with pilots.

> **The Gulf companies ... receive government subsidies. It's ... not on a level playing field.**
> Yves Porte

Alexandre de Juniac, the CEO of Air France-KLM, said the company is being squeezed by low-cost airlines in Europe and Gulf carriers for long-haul flights. Monday's meeting was intended to detail the cuts.

Airline executives told reporters Monday the plan involves laying off 2,900 staff, abolishing five routes and 35 weekly long-haul flights, primarily in Asia and the Middle East.

Among those at Monday's protest was Yves Porte, an activist who represents cargo workers. "The Gulf companies, who have low fuel prices and who receive government subsidies, compete with us. It's impossible, we are not on a level playing field," he said.

Deputy human-resources director Xavier Broseta, one of the executives disrobed by protesters, told reporters later that he had received messages of sympathy from colleagues, including from union leaders.

"We are fighting every day for an Air France that will have lasting growth," he said later, after donning a new jacket and tie. "Violence and intimidation will have no part of that."

THE ASSOCIATED PRESS

TWITTER

Spurned co-founder back as CEO

Twitter is embracing Jack Dorsey as its CEO in hopes that its once-spurned co-founder can hatch a plan to expand the short-messaging service's audience and end nearly a decade of financial losses.

The hiring revealed Monday ends Twitter's three-month search for a new leader. It marks Dorsey's second stint as CEO since he helped start the company more than nine years ago with Evan Williams, Biz Stone and Noah Glass.

Twitter dumped Dorsey his first time around, but its board of directors is now convinced he has the maturity and expertise to fix the problems that have caused the company's stock to lose nearly half its value in the past five months.

THE ASSOCIATED PRESS

Wildlife like deer and boar in the no-go zone near Chernobyl are doing better now than before the 1986 disaster. Agriculture, hunting and forestry, researchers say, are worse for animals than radiation.

EMMA TEITEL: ON ELECTION TALK AT THE TABLE

Perhaps Canadians are more inclined to talk politics where they normally wouldn't ... because it's suddenly dawned on them that the only constant in their lives besides bad weather is Stephen Harper.

Elite Singles — a dating website that sounds like it was designed specifically for Stephen Harper's top staffers — recently tried to determine whether it's taboo to discuss politics on a first date.

In order to do this, the website conducted a survey of 500 single people of different nationalities from around the world. The result was 65 per cent said they'd "be happy to discuss politics on a first date." But more than any other nationality surveyed, Canadians were the least resistant to the idea. According to the study, "not one Canadian single thought political chat should be off the table" on a first date.

This result is refreshing for two reasons. The first is that it helps dispel the popular myth that we are a rigidly non-confrontational people; Canadians might be unfailingly polite, but politeness does not equal timidity in the face of conflict. The second is that it might suggest our nation's bent towards political apathy — especially among youth — is changing. And it's about time it did.

The Conservatives have been in office for nine years, which, no matter a government's political leaning or record, is an uncomfortably long time. Harper won his first term in 2006, the year Hannah Montana began airing on the Disney Channel, and he won again, most recently, in 2011, the year Hannah Montana was cancelled (its leading lady, Miley Cyrus, having embarked on a perilous quest to find herself). In other words, our prime minister has been around so long, he has served through every stage of Cyrus' metamorphosis, from Disney princess to briefly engaged romcom actress to (most recently) gyrating dreadlocked weirdo.

Canadians might be unfailingly polite, but politeness does not equal timidity in the face of conflict.

Perhaps Canadians are more inclined to talk politics where they normally wouldn't, not because they're more civic-minded than other nationalities but because it has suddenly dawned on them that the only constant in their lives besides bad weather is Stephen Harper. It's unnerving when the world around you changes but the guy in charge doesn't.

Harper was never popular with non-Conservatives or young people, who tend to reject conservative values no matter who is spouting them. But he wasn't always markedly hated the way he is now. Anecdotally, I have seen my Facebook newsfeed go from a mostly apolitical forum — cat videos, party invitations, recaps of Breaking Bad — to a stridently partisan and dogmatic one. Friends I know who couldn't tell the difference between Michael Ignatieff and Jack Layton in 2011 are now posting daily tributes to Thomas Mulcair in the lead-up to the federal election.

CHANGING TUNE The mood is different this election, and engagement is greater — for proof, look no further than the rise in earnest protest songs by bands like Hey Rosetta!, which people seem to be taking seriously, writes Emma Teitel.

ARTHUR MOLA /THE ASSOCIATED PRESS

The mood is different this time around, and there is no stronger proof, I would argue, of newfound Canadian political fervour than the recent uptick in painfully earnest protest songs. In September, Canadian country-rock band Blue Rodeo released Stealin' All My Dreams, a staunchly anti-Harper song about, among other things, the government's record on the environment: "Your pipeline will spill its disease/you shut down all the research libraries/and you muzzled all the white coats in your laboratories/then you set your sites on the CBC." And this week Canadian indie bands Hey Rosetta! and Yukon Blonde released the considerably more mellow anti-Harper ditty, Land You Love: "When I was a child/I sang the anthem with pride/it stood for justice, peace and human rights/ It stood for the holy rolling hills and a home for all walks of life/and I must again, for my children, and theirs."

As far as traditional protest songs go, neither one is The Times They Are A-Changin,' but the songs' popularity (both of them trended on social media alongside news about Selena Gomez, NFL football and Kim Kardashian) indicates they weren't composed in vain. Nor were they the subject of widespread mockery and derision, as so many things are these days.

It seems in addition to politics at the first-date dinner table, we might have developed an appetite for political earnestness, too. The question is: have we developed an appetite for voting? In 2011, less than 40 per cent of eligible 18- to 24-year-olds voted in the federal election, a pretty dismal turnout, even compared to the unexceptional overall average of 61 percent.

So while we may talk — or sing — up a storm over dinner, the word is still out on who will be serving in the prime minister's office during the next unsettling phase of Miley Cyrus' inevitable metamorphosis.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

metroview

You can work, pay taxes and drive a car at 16. Why not vote?

Miriam Porter
For Metro

Elections Canada is sorry they missed me. I came home to a brochure in my door saying that as a Canadian citizen at least 18 years old on election day, I am eligible to vote.

But my son, reading over my shoulder, asks longingly, "Can I vote yet?" He often tells me who he would vote (and not vote) for and why, based on issues we discuss. He's passionate and he knows his stuff. He's nine.

Democracy is a government by the people. Does this mean you are only a person if you are over 18? There are children in Canada who would love to be heard and cast a ballot on Oct. 19. Some even know more about the election and the candidates than adults. But if you are under 18, your voice doesn't count. This should change.

No, I am not suggesting toddlers holding sippy cups mark their ballots on election day with bright chunky crayons. Let's take baby steps and start by lowering the voting age to 16.

In our home and native land, if you are 16 you can drive a car. Driving is a huge responsibility that requires patience, confidence, intelligence, skill, studying and preparation. Sixteen-year-olds get behind the wheel of 4,000 pounds of metal to drive on our city streets. We are next to them daily as pedestrians and drivers and we trust their judgments. Yet they can't decide who will be prime minister.

Some children know more about the election and candidates than adults.

Know what else you can do at 16? You can work at a job for money and pay taxes to the government.

What? You mean these working kids are paying into the very institution they do not have a say in? Does that sound right to you? When I was 12, I worked at a library and paid taxes. But my voice didn't count for another six years.

By not listening, and not taking them seriously, adults in power are oppressing children. Children under 18 are told they must follow certain rules. They are told what to do, how to do it and when it should be done. The education system is a perfect example of this.

But children have a voice too, and you may be surprised at what they have to say. We as adults can be their allies and listen to them.

There are issues in this upcoming election that affect all citizens, not just those over 18. Perhaps it's time to consider what young people want, especially in matters that directly affect their lives. Then we will have a more democratic society.

Miriam Porter is a Toronto-based writer who covers travel, parenting and social justice. She tweets at @MiriamRiverP.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO WESTERN CANADA
Steve Shrout

MANAGING EDITOR WINNIPEG
Elisha Dacey

ADVERTISER INQUIRIES
adinfowinnipeg@metronews.ca
General phone 204-943-9300

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

metro LIFE
Your essential daily news

Hands High! Jimmy Fallon launches sportswear line

Freedom to be your own man

BOOKS

Father learns from son that expectations can do harm

Dean Lisk
Metro | Canada

It wasn't so much a wedge that drove Kevin Newman and his son, Alex, further apart. It was a basketball hoop. Set in concrete in the backyard of their New Jersey home, it became a permanent symbol of how alienated they had become in their relationship.

"To me, it was making sure that the annoying thing that happens with basketball hoops — that wobble — wasn't a problem," remembers the former Global News anchorman.

"But the cement became an allegory to Alex."

Misinterpretations are at the heart of All Out, a new book co-authored by the Newmans about their troubled father-son relationship and how they became closer because of their differences.

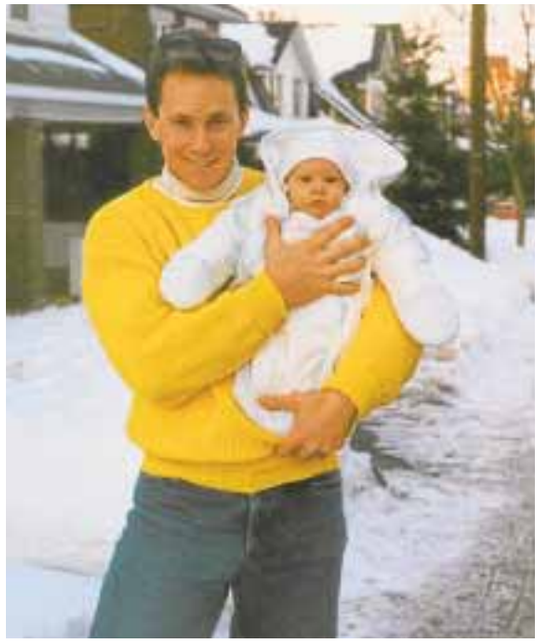
It chronicles the rise of Kevin's news career in Canada and the U.S. while trying to be one of those emotionally present '90s dads. It also tells the story of Alex, now a successful art director in Toronto, but who, as a teen, struggled in isolation with his sexuality while manoeuvring the bullies at school and the expectations of his father at home.

"Fathers and sons are extremely complicated, but they don't really open up about it," said Alex.

"Every relationship is a little bit different, but I think when people read the book they're going to put themselves in our shoes and allow themselves to understand the complexity of that relationship. Because, until now, we haven't come across something that talks about the complexity of this."

It was their editor at Random House Canada, Kate Fillion, who suggested both men write their chapters in isolation to prevent them from influencing each other's memories.

She kept an eye on the storyline, making sure both their recollections intersected, but it wasn't until the book was finished that Alex and Kevin read what the other had written.



Top left: Kevin holding his newborn son Alex circa 1987 in Ottawa. Bottom: Kevin and Alex at the 1998 shuttle launch at Cape Canaveral. Right: father and son today. FAMILY PHOTOS CONTRIBUTED; CURRENT PHOTO OF THE NEWMANS BY LIZ BEDDALL

> **I would attempt these things as a kid and fall apart... (Alex) knew himself better at his age than I did when I was his age.**
> Kevin Newman

"My parents were learning things. I was learning things. It was quite emotional," said Alex. He recorded on his phone the moment his parents first read his chapters.

Kevin describes it as a "stunned" moment, when he and his wife Cathy realized the degree of emotional suffering their son experienced. He was being bullied at school and felt isolated, without ever telling his parents.

"There was stuff that happened that we had no idea about," said Kevin.

The book is revealing in other ways. Both men are very much alike. Both grew up around strong female role models, having a preference for the arts instead of sports, and were teased at school for it. Both were also going through an identity crisis at exactly the same time.

The co-host of Good Morning America, Kevin was told he needed to seem more masculine, more likable. He was told his hair needed to be a certain way, his eyelashes were dyed so they would pop beneath his glasses and he was sent to a personal trainer.

He was billed as the "quarterback," tasked with leading the Good Morning America team to first place in the morning news business.

"Network television news tries to push you into conformity and question who you are, and almost tries to create a plastic persona that is recognizable to focus groups, but runs the danger of being unrecognizable to yourself."

At home, the elder Newman was also placing pressure on his son to change his image — and perhaps become someone less a target for bullies. He bought him Sum 41, Dave Matthews Band and Creed CDs to influence his taste in music, took him on father-son bonding trips and installed that basketball net.

"You went through those struggles as a young person and tried to stop me from going through those same situations," Alex said to his dad during our interview. "At the same time, I was stubborn and wanted to alienate myself from those situations."

"He was always a puzzle to me," answered Kevin. "I would attempt these things as a kid and fall apart and beat myself up and hate myself that I wasn't who my father wanted me to be.

"That was not Alex's case. Alex was, 'No, I am fine not being this and back off.' It just turned out he knew himself better at his age than I did when I was his age."

The key to developing a strong and healthy father-son relationship, Kevin said, is to realize your son is also a man.

"When they reach the age of emotional vulnerability, stop trying to be their hero. I think if Alex had known me better — the whole me better — we might not have been through a period of testing for as long as it lasted."

REAL MEN

Masculinity exists on a spectrum

A large theme in All Out is the concept of masculinity and what makes a man a man. Alex writes that as a child he was confused about his own sexuality because the only definition he had for being gay was the effeminate stereotype he saw in popular culture.

"Growing up I didn't have that model to understand masculinity has a range," he said. "Gay people aren't all one certain way or another. That it really is a spectrum. I don't think many kids can understand the complexity of that, and even some adults struggle with it."

"It was the same for me," said Kevin. "When I was in high school I wasn't on the football team, I was on student council. I was a victim of the name-calling that goes on in high school among boys. But the great revelation to me about masculinity is that it has nothing to do with sexuality. That you can be a man's man regardless of sexuality."

When you're at a place called vertigo

MOVIES

Here's how to avoid nausea during films like The Walk

Eva Kis
Metro | New York

One of this month's best new movies is also making people sick. The Walk, about French daredevil Philippe Petit's high-wire crossing between the World Trade Center towers in 1974, is proving too intense for some moviegoers.

After a festival screening in New York, men were throwing up in the theatre's bathroom. Another patron, Percival Arguero-Mendoza, told the New York Post, "It felt very real. I felt a knot in my stomach. It's like my head was reeling but I was not dizzy."

There are several reasons that people could be getting sick.

Vertigo is a medical condition that describes a deficiency in the body's motion-sensing system that sends mixed or insufficient signals to the brain, causing dizziness and nausea.

The shots panning up the towers as well as looking down as Joseph Gordon-Levitt walks the wire can trigger the same mismatch in what the eyes see but the body doesn't feel, as happens in motion sickness.

Fear of heights and falling can trigger similar symptoms as well; seeing the film in 3D adds another complication because the eyes' natural focal point is tricked to create the visual effects.

Instead of skipping the movie, try these tips to cope with it:

• Like dancers who have to spin around, it helps to pick a point and focus on it. If you're feeling dizzy, look away from the screen toward an exit sign or the back of another person's head.

• Pick a seat toward the middle or back of the theatre. Having the screen directly in front of you instead of looking up is more comfortable for your eyes.

• If you feel unwell, don't take off your 3D glasses. It'll just confuse your eyes further. Instead, close your eyes and focus on your breath to calm down.

• Get your eyes checked — vision problems like uneven eyesight and astigmatism can make you more likely to get headaches and feel sick during 3D movies.

People are reporting dizziness and nausea after watching scenes from Joseph Gordon-Levitt's new film The Walk. CONTRIBUTED

BOOK BRIEFS

Giller Prize finalists revealed

The Scotiabank Giller Prize's short list was heralded as "eclectic and vibrant" on Monday as five finalists emerged.

Finalists for the $100,000 prize for fiction included Toronto author Andre Alexis for Fifteen Dogs (Coach House Books); Montreal's Heather O'Neill for the story collection Daydreams of Angels (HarperCollins Publishers Ltd.) and Vancouver-based Anakana Schofield for Martin John (A John Metcalf Book, an imprint of Biblioasis).

The list is rounded out by Montreal's Samuel Archibald for the story collection Arvida, translated by Donald Winkler (Biblioasis), and London-based Rachel Cusk for Outline (Harper Perennial, an imprint of HarperCollins Publishers Ltd).

THE CANADIAN PRESS

Shorter men have fewer sex partners than average height and tall men, according to a recent study. ISTOCK

RESEARCH

Tall men have more sex

Men of average to tall stature have one to three times more sexual partners than smaller men, according to an American study that also found weight to be a factor.

Researchers at Chapman University in California studied whether or not height and body mass index played a role in the number of sexual partners men and women had during the course of their lives.

In a study of 60,058 heterosexual volunteers, of which 52 per cent were male and 48 per cent female and average age was 37, the researchers took into account criteria for height, education level, age and BMI as key indicators in the personal sexual history of each participant.

The results, published Sept. 30 in the journal of Evolutionary Psychology, indicated that participants aged 30 to 44 had, on average, eight partners since being sexually active. Of the participants, 58 per cent of men and 56 per cent of women indicated having had more than five whereas 29 per cent of men and 23 per cent of women indicated having more than 14 partners.

Shorter men reported a minimum of five sexual partners. In contrast, medium-height to tall men declared one to three times more partners than their shorter counterparts.

> **These findings confirm that height is relevant on the mating market.**
>
> Study lead author
> Dr. David Frederick

"These findings confirm that height is relevant on the mating market," said David Frederick, lead author on the study.

Despite this, the researcher has no clear scientific explanation to explain the link, if not for the observation that women are often attracted to men who are relatively taller than they are.

Regarding weight, the researchers noticed that men who find themselves in the middle of the BMI scale have the most sexual partners.

Normal-weight and overweight participants reported a higher number of partners than those with a low BMI.

Men with larger frames, who are perceived as more powerful and generally more athletic, report more sexual partners than other men, according to Dr. Frederick.

AFP

ALL MUSIC
WORKDAY
WEEKDAYS 9AM - 3PM
NON STOP MUSIC!
fresh
RADIO 99.1
MODERN MUSIC

ISTOCK

Addicted to exercise

MENTAL HEALTH

Extreme workouts may signal bigger problems

Jenn Hicks at the height of her exercise addiction, and today, teaching Nia dance. CONTRIBUTED/ VINCE TALOTTA/TORSTAR NEWS SERVICE

Jenn Hicks was lying to her husband.

It would happen fairly often: Hicks would wake up in the middle of the night and tell Paul she couldn't sleep, that she needed to read for a while at an all-night coffee shop near the couple's home.

Then she'd slip away into the night.

But Hicks wasn't going to a coffee shop or having an affair. Instead, the Toronto speech-language pathologist was feeding her constant craving for exercise.

Running. Cycling. Weightlifting. Anything, Hicks says, to satisfy her growing addiction.

"I would do it in the middle of the night," says Hicks, now 42. "Definitely before work, at lunch, after work, and it would be the entire evening."

Back in 2003, Hicks first developed an addiction to exercise — a compulsion that, while not a formal clinical diagnosis, is definitely recognized by members of the medical community. It can happen on its own, or alongside an eating disorder or mental illness, experts say.

For Hicks, there was no clear trigger. She was 30 at the time and had been working in speech-language pathology for five years.

But she was dealing with anxiety, she says, and began exercising more often — which caused her to lose weight "magically."

"It was positive reinforcement that I should just continue, until it got to the point where I wasn't thinking realistically," Hicks says.

Over the next few years, Hicks joined numerous sports teams and started dragonboating. She'd tell Paul she was doing laundry in the basement — and would be doing ab exercises instead. If friends wanted to get together, she'd insist on exercising with them. While pushing her 5'5" frame to its limits, Hicks also wasn't eating properly — she'd been diagnosed with anorexia in 2003 — and eventually dropped to less than 100 pounds.

Other health impacts started to creep up, too. Hicks' doctor sent her for echocardiograms — sonograms of her heart — because it wasn't functioning properly. At the same time, she recalls her electrolytes and liver enzymes being "out of whack."

Hicks resolved to get better. She'd been seeing her family doctor and a therapist the whole time — and attending support groups at Sheena's Place, an eating disorders centre in Toronto — but says it was something she had to overcome on her own.

So, at the end of the year, Hicks sold her car and travelled to India. Paul came with her for four weeks, then she stayed for another month on her own — a much-needed escape.

When she returned to Toronto, Hicks was finally diagnosed with bipolar disorder. She also began training as a dance teacher in the Nia style, which focuses on sensing and respecting your body. At first, Hicks says it was a covert way for her to maintain her addiction in a seemingly healthy way.

"The universe had something else in store for me," she adds. "I guess I had to practise what I was preaching."

TORSTAR NEWS SERVICE

ASK THE EXPERTS

'It's an attempt to become healthy'

Exercise addiction isn't a formal diagnosis, but it is something medical experts say that they are witnessing.

To understand how it works, we talked to Dr. Valerie Taylor, psychiatrist-in-chief at Women's College Hospital, and kinesiologist Wendy Lee, a physical health instructor at Bellwood Health Services, an addiction treatment centre that's part of the Edgewood Health Network.

How does someone become addicted to working out?

VT: Often it comes from the best possible place: It's an attempt to become healthy. People get a lot of positive feedback from the fact that they're starting to lose weight, and they become obsessed with that, and fearful of gaining weight — and they become addicted. There's a high or euphoria from exercise.

WL: I tend to group exercise addiction the same way as gambling or sex addiction. These are behaviours people start at a regular rate — like gambling once a month, for instance — then they start getting out of control, and can't stop.

What does it look like?

VT: Suddenly, they're not doing other things they should be doing, like attending classes or being productive at work. They're missing social engagements and obligations, and they're physically exhausted and unable to focus at work. Or they continue to exercise despite the fact that it's unhealthy for them — like if they're injured themselves and still can't take a break.

TORSTAR NEWS SERVICE

metro SPORTS
Your essential daily news

The Cubs' Kris Bryant has the most popular jersey among big leaguers this season

Decisions lie ahead of Jays

MLB PLAYOFFS

Few roster spots appear unsettled for division series

Infielder Munenori Kawasaki is among the players who are on the bubble to make the Blue Jays' 25-man roster for their American League Division series against the Rangers. ROB CARR/GETTY IMAGES

Since late July the Toronto Blue Jays have shown they can dominate regular-season baseball, going 43-18 down the stretch.

With the post-season here, it's on the management and coaching staff to construct a 25-man roster that they hope can win three games out of five in their American League Division Series, then four out of seven the rest of the way.

At least 21 spots are accounted for among the starting rotation, bullpen, lineup and key contributors off the bench. Before Game 1 of the ALDS against the Texas Rangers, the Blue Jays have to finalize the last few and beyond that decide on their order of pitchers.

"We have the bulk of it set, just some areas, bench, the last few spots in the 'pen, things like that," general manager Alex Anthopoulos said Saturday in St. Petersburg, Fla. "Only 25 guys can come with us, or at least can be active, so you're going to have discussions."

Anthopoulos said the Blue Jays would likely go with a seven-man bullpen, which, with a four-man rotation, gives them 14 hitters. Assuming utility infielder Cliff Pennington makes it because of his versatility in the field and as a switch-hitter, that leaves two more spots.

Outfielder Ezequiel Carrera appeared in 90 regular-season games and Anthopoulos said he could be used as a pinch-hitter or pinch-runner. He's a good bet along with outfielder Dalton Pompey, who like the Kansas City Royals' Jerome Dyson last season could be a speed specialist.

"We've got a guy like Dalton here who's done a good job with speed, trying to steal a base for us," Anthopoulos said.

Other long shots include infielder Munenori Kawasaki, who can also pinch-run, or even power first baseman Matt Hague, who provides a right-handed bat.

In the bullpen, there are six locks: closer Roberto Osuna, right-handers Aaron Sanchez, LaTroy Hawkins, Mark Lowe and Liam Hendriks and left-hander Brett Cecil. The final job appears to be between righty Ryan Tepera and lefty Aaron Loup, though starter Drew Hutchison might have a chance as a long reliever.

Loup would give the Blue Jays a second lefty, which could be useful in certain situations late in games. But Anthopoulos isn't concerned if Toronto goes in with just Cecil, partially because Loup has hit so many left-handed batters.

"We have guys like LaTroy Hawkins who's been pretty good against left-handers as well," Anthopoulos said. "More so than right/left, it's who has had more success against what side. If we feel we have seven guys that are all right-handers, but (if) we feel they can get left-handers out, we'll go with that."

THE CANADIAN PRESS

ATTENDANCE

Strong draw at the Dome, but poor on the road

The Blue Jays drew 2.79 million fans at the Rogers Centre this year, good for fourth in the AL and eighth in the majors, and averaged 34,504 fans a game. The Jays, however, along with the Royals were the lowest road draws in the majors in 2015.

MMA

UFC tabs Canada for three more events in 2016

Quinton Jackson, right, trades blows with Fabio Maldonado during UFC 186 in Montreal on April 25.
GRAHAM HUGHES/THE CANADIAN PRESS

Canadian fight fans can expect three UFC shows north of the border next year.

Tom Wright, managing director for UFC operations in Canada, Australia and New Zealand, says while the 2016 Canada schedule is still being worked on, Toronto and Calgary are at the top of the list with another visit to Atlantic Canada possible.

"We're looking at three events in Canada and two in Australia and New Zealand," said Wright.

The UFC, in trying to sort out the schedule, is looking at both old and new Canadian venues.

"We're looking at potentially going back to the East Coast but maybe to a different city than Halifax although we could go back to Halifax," Wright added.

The Canadian schedule could feature one pay-per-view and two televised Fight Night cards.

19

The number of shows the UFC has held in Canada.

The UFC planned three to five shows in Canada this year. Only two came to fruition — UFC 186 in Montreal in April and a televised card in Saskatoon in August.

In 2014, the UFC announced a five-city schedule for Canada with pay-per-views shows in Toronto, Montreal and Vancouver and Fight Night cards in Halifax and Quebec City. UFC 178 was shifted to Las Vegas from Toronto and the Montreal card was cancelled, cutting the Canadian shows to three.

THE CANADIAN PRESS

IN BRIEF

Nationals fire Williams

Manager Matt Williams was fired by the Washington Nationals on Monday after a season in which the team went from World Series favourite to failing to make the playoffs.

Matt Williams
GETTY IMAGES

The club announced the move a day after finishing the regular season barely above .500 at 83-79, second to the New York Mets in the NL East.

Williams is gone after only two seasons in his first job as a skipper in the majors. Last year, he was voted NL Manager of the Year after the Nationals finished with the best record in the league. In February, the Nationals exercised his 2016 contract option.

THE ASSOCIATED PRESS

Philbin out, Campbell in as head coach of Dolphins

Joe Philbin was fired Monday four games into his fourth season as coach of the Miami Dolphins, and one day after a flop on an international stage that helped to seal his fate.

Tight ends coach Dan Campbell, who has been with the Dolphins since 2010, was promoted to interim coach. He has no previous head coaching experience.

The Dolphins (1-3) lost their third game in a row and turned in their fourth consecutive lacklustre performance when they were beaten Sunday in London by the archrival New York Jets, 27-14.

THE ASSOCIATED PRESS

New measures help MLB cut 6 minutes from games

Major League Baseball has managed to cut six minutes from the average time of a nine-inning game this season, when it adopted some speedup rules.

STATS said Monday that the season average ended at 2 hours, 56 minutes. While the average dropped to 2:53 in the first half of the season, it was back at 3:00 after the all-star break. THE ASSOCIATED PRESS

This is not the first ban for San Jose's Raffi Torres GETTY IMAGES

NHL

Torres gets 41-game ban for head shots

The NHL handed out one of its longest suspensions for on-ice conduct in league history by banning San Jose Sharks forward Raffi Torres 41 games for an illegal hit to the head of Anaheim Ducks forward Jakob Silfverberg.

Torres is one of the worst head-shot offenders in recent years, since the Department of Player Safety began cracking down on them. It's the fifth suspension for Torres. He has also been fined three times and warned twice in 703 games, according to director of player safety Patrick Burke, who narrated the suspension video.

Torres had already been suspended for hits to the head of Jordan Eberle (April 2011), Nate Prosser (December 2011), Marian Hossa (April 2012) and Jarret Stoll (2013).

Silfverberg was his latest victim when Torres lined up the Swede during Saturday night's pre-season game and drove his left shoulder upwards into his head. Silfverberg left for precautionary reasons but was considered OK. Torres was almost a full second late on the hit after Silfverberg was stripped of the puck. He will forfeit $440K US in salary as a result of the ban.

This suspension is 11 games longer than the one given to Chris Simon in 2007 for stomping on the ankle of Jarkko Ruutu. Torres's previous high was 25 games for the hit on Hossa in the 2012 playoffs.

THE CANADIAN PRESS

NHL IN BRIEF

St. Louis Blues sign veteran forward Upshall

The St. Louis Blues signed forward Scottie Upshall, who had been in training camp as a tryout, to a one-year, two-way contract.

The 31-year-old Upshall is a 12-year veteran and had 15 points in 63 games with Florida last season. He's also played for Columbus, Phoenix, Philadelphia and Nashville and has 234 points in 553 games.

Upshall was a first-round pick in the 2002 draft.

The Blues also assigned four players to Chicago of the AHL. THE ASSOCIATED PRESS

Defenceman Robidas likely to miss out on Leafs roster

It appears Stephane Robidas will not be part of the Toronto Maple Leafs' immediate plans.

The Maple Leafs need to make one more move to get down to a 23-player active roster by Tuesday's deadline, and it's believed that the veteran defenceman will be placed on injured reserve to make the roster legal.

Robidas was not at practice on Monday morning as he's dealing with multiple ailments, according to head coach Mike Babcock.

THE CANADIAN PRESS

Hip or Knee Replacement?

The Disability Tax Credit allows for a

$2,000 Yearly Tax Credit

$20,000 Lump Sum Refund (on avg)

Copd, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.

For Expert Help: 204-453-5372

5 PLAYOFF PLOT LINES TO WATCH

Big stars, familiar faces and top rookies fill the rosters of the 10 teams that reached the post-season. Here are some of the themes for October and beyond:

1 Still waitin' for a clutch Clayton

Clayton Kershaw has been the game's best pitcher in recent regular seasons, but has struggled mightily thereafter.

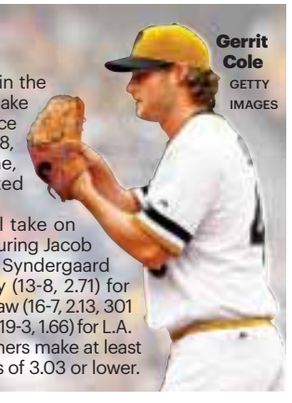
The Dodgers ace is 1-5 with a 5.12 ERA in 11 career playoff appearances (three in relief). The three-time Cy Young winner faces the Mets in the NL Division Series, a team against whom he posted an 0.56 ERA in two starts this season.

Clayton Kershaw GETTY IMAGES

2 Stingy NL

Runs will be at a premium in the National League. The Cubs' Jake Arrieta (22-6, 1.77 ERA) will face the Pirates' Gerrit Cole (19-8, 2.60) in the wild-card game, one of the most anticipated matchups in recent history.

After that, the Mets will take on the Dodgers in a series featuring Jacob deGrom (14-8, 2.54), Noah Syndergaard (9-7, 3.24) and Matt Harvey (13-8, 2.71) for New York and Clayton Kershaw (16-7, 2.13, 301 strikeouts) and Zack Greinke (19-3, 1.66) for L.A. The Cardinals had four pitchers make at least 20 starts this year with ERA's of 3.03 or lower.



Gerrit Cole GETTY IMAGES

3 Another shot for the North Side

Could this be the year the century-plus title drought ends on the North Side of Chicago? The Cubs last won the World Series in 1908 and they haven't reached the World Series since 1945, two years before baseball's championship was televised for the first time. But with Kris Bryant and Jake Arrieta, hopes are high at Wrigley Field.

4 New faces of fall

Jose Bautista is a home run champ, Jose Altuve is a hit machine and Jake Arrieta is the top winner in the majors. They'll put something else on their resumés this week — their first post-season appearances.

Altuve and Astros rookie teammate Carlos Correa, Arrieta and Cubs sluggers Anthony Rizzo and Kris Bryant, young Mets aces Matt Harvey, Jacob deGrom and Noah Syndergaard, Yankees star Masahiro Tanaka and Dodgers newcomer Corey Seager are set to make their playoff debuts.

Jose Altuve GETTY IMAGES

5 Tale of two A-Rods

Written off by many during his one-season drug suspension, Alex Rodriguez returned this year and carried the Yankees early. He hit .250 with 33 homers and 86 RBIs as New York's DH. He reached 3,000 hits and settled a dispute with the team over a multimillion payment. But around the time he turned 40, he tailed off badly hitting .216 after the All-Star break and driving in just three runs in his final 18 games. **The Associated Press**

Alex Rodriguez GETTY IMAGES

RECIPE Salmon Parcels

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Dinner's all wrapped up with these healthy fish and veggie parcels.

Ready in
Prep time: 25 minutes
Serves 2

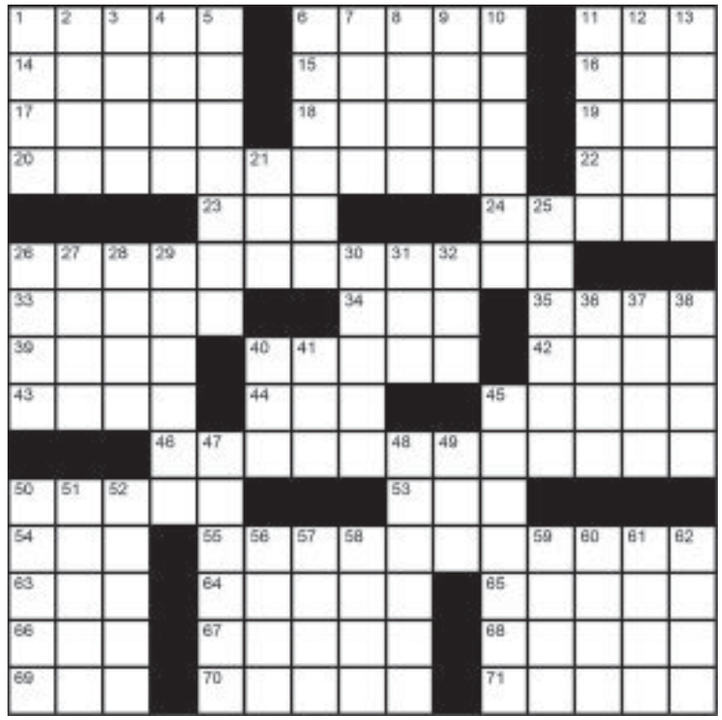
Ingredients
- 1 Tbsp sesame oil
- 1 Tbsp rice vinegar
- 1 tsp low sodium soy sauce
- 1 tsp ginger, minced
- 1/2 carrot, cut into matchsticks
- 1 red or yellow pepper, cut into matchsticks
- 1 baby bok choy, white part cut into matchsticks, green part cut into ribbons
- 2 salmon filets
- Parchment paper

Directions
1. Preheat oven to 400 degrees.
2. Whisk together the sauce of oil, vinegar, soy sauce and minced ginger. Toss your veggies in the sauce.
3. Cut your parchment into two 12-inch by 18-inch squares. Cut the largest heart shapes you can within the squares. Fold it in half down the middle and make a crease.
4. Working on your bake sheet, place the parchment down and put half of your veggies down on one half of the heart. Then place one piece of fish on top of the veggie bed. Now fold the heart closed and fold and pleat the edges until it is sealed. There will be a little bit at the end that you'll have to tuck under. Repeat with your other parchment heart.
5. Bake in the oven for 15 minutes. Remove and slip the parcels right onto a plate and slice open with scissors. Careful! Steam will come out fast so make a small cut first to allow a bit to escape before cutting more.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. 'Court and _': 1974 Joni Mitchell album
6. Makes spiffy
11. 'Ideal' suffix
14. __ of Troy
15. Mann or Osbourne
16. Schuss
17. Lyre-playing Muse
18. Symbols
19. Perfect rating
20. Tied tie type named for British royalty: 2 wds.
22. Tell a tale
23. Old French coin
24. Make corrections
26. Bountiful symbol especially at Thanksgiving: 3 wds.
33. S-shaped mouldings
34. "It's _ _." (Greenlight giver's verdict)
35. Beseeched
39. Stick in one's _ (Rankle)
40. Was wearing: 2 wds.
42. _-Seltzer
43. Military cap
44. __-defined
45. MC Hammer hit: "_ _ Touch This"
46. Old fashioned looking door unlockers: 2 wds.
50. Leading letter
53. 1914 to 1918
54. Caustic stuff
55. 1992 Neil Young album: 2 wds.
63. _ _ pedestal
64. "What's the _ _ trying?" (Why bother?)
65. "I was _ _ man in Paris..." - Joni Mitchell
66. U.S. broadcasting watchdog
67. Engage in henpecking: 2 wds.
68. Ms. O'Donnell
69. Tea: French
70. Capably
71. Whimsically funny

DOWN
1. Ed Sullivan's pronunciation of the 'really big' one he hosted
2. Ms. Gilpin
3. Mr. Alda
4. Taken back [abbr.]
5. Minoan civilization's ancient city
6. Get into groups of two: 2 wds.
7. Humphrey's role in "Casablanca" (1942)
8. Bit of "Burning Up" by Madonna: "...'cause _ _ fire..."
9. Rock Hudson/Doris Day movie, "Send _ _ Flowers" (1964)
10. Group of six
11. Basket fibre
12. Coil of yarn
13. Extracted the ore
21. Punched cartoon character's reaction!
25. Canadian show, "Wind at _ _"
26. Farm animal joint
27. Fiend
28. Gather the crops
29. Sort of recent
30. Gravy boat accessory
31. Self-importance
32. Rimouski refusal
36. Wings, to Nero
37. Lettered fashion label
38. Gobbles the Tofurky
40. "Giddy up!"
41. Totally
45. Dancer's rehearsal outfit
47. Big _ (Very important person)
48. Canadian bank note with Queen Elizabeth's image
49. Cringer's cries!
50. Airborne
51. Movies: David or Kelly
52. Harmony
56. CEO's "Quick!"
57. Mil. unit
58. Test tube's pal
59. "Dial _ __ Murder" (1954)
60. "..._ _ it seems." (It appears that way)
61. Trompe l'_ (Visual illusion)
62. American portrait artist, Alice __ (b.1900 - d.1984)

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A relationship issue needs dealing with right now. If you leave it even one more day you will find that the window of opportunity will shut for good. If the relationship means anything to you then save it!

Taurus April 21 - May 21
You don't care if what you say offends other people, in fact you like it. Choose your words for maximum impact today — it is the price they pay for avoiding the truth for so long.

Gemini May 22 - June 21
Don't worry about money matters today because there is nothing you can do about them. Instead, visualize your perfect situation. What you imagine today will happen tomorrow.

Cancer June 22 - July 23
There is no point trying to force other people to see things your way. Whatever you suggest they will do the opposite. You could bluff them but, seriously, is it worth the effort?

Leo July 24 - Aug. 23
Try not to panic, especially if your workload is getting too much for you. Today's Sun-Pluto link tends to make you look on the dark side of every situation. Lighten up, nothing bad is going to happen.

Virgo Aug. 24 - Sept. 23
Show others what you can do but don't for a moment think that you are in some way obligated to perform for their delight. If anything they should be putting on a show for you.

Libra Sept. 24 - Oct. 23
Don't go too far today because your efforts to make a name for yourself could cause problems. You don't have to keep a low profile but you do have to do everything by the book.

Scorpio Oct. 24 - Nov. 22
You will be able to predict what others are going to do before they know it themselves. You can and you must make use of that ability.

Sagittarius Nov. 23 - Dec. 21
Your confidence may be a bit low at the moment but that does not mean you should withdraw from the world. On the contrary, you need to get yourself back into the fray and show those who doubt you that you never give in.

Capricorn Dec. 22 - Jan. 20
Be on your guard if someone promises you something for nothing today. The planets warn that their generosity is not all it seems. You will be expected to do something for them in return — and it could cost you.

Aquarius Jan. 21 - Feb. 19
The harder you work the more there seems still to be done. Slow down a bit. Whatever deadlines you are working under are unnecessary and should be ignored.

Pisces Feb. 20 - March 20
Don't worry too much about the details of what you are doing. Commit yourself to it and have confidence that it will come right in the end. Just don't lose sight of the big picture.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	9	3	1		6	4	2	
2				4				6
1			8		3			5
9		5				1		7
	4			5			6	
6		1				8		3
3			4		7			2
4				8				1
	1	6	5		2	9	7	

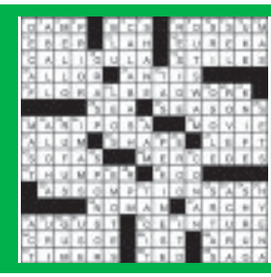
©2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

How's the news today?
Join our Online Reader Panel and help make your **Metro News** even better. Join for a chance to win a $25 gift card.
metronews.ca/panel
metro

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers

for more fun and games go to metronews.ca/games



3	1	2	4	6	7	5	9	8
4	8	7	5	3	9	6	2	1
5	6	9	8	1	2	7	3	4
7	3	8	2	5	4	9	1	6
2	4	6	7	9	1	3	8	5
9	5	1	3	8	6	2	4	7
6	2	3	1	7	8	4	5	9
1	9	4	6	2	5	8	7	3
8	7	5	9	4	3	1	6	2

Birchwood TIRES

WINTER TIRES FROM BIRCHWOOD
NO STRESS. NO HASSLE.

Hassle free winter tire buying, only at Birchwood Tires.

HASSLE FREE

Shopping

Shop online at **birchwood.ca** for the best price on a wide selection of tires. Need help? Our unique buying tool will show you the best options for your vehicle, and your budget.

HASSLE FREE

Installation

Book your appointment online. Relax and let our expert technicians install your tires at one of our 11 convenient locations. Expert installation guarantees your safety, and tire performance.

HASSLE FREE

Maintenance & Storage

Nowhere to put your tires? Let us look after them. We'll keep your tires safe and secure until you're ready to put them back on your vehicle.

❄ DON'T WAIT! ACT NOW! ❄

Beat the rush and purchase your winter tires today!

Finance through Manitoba Public Insurance.

FREE TIRE STORAGE!

Buy a set of four winter tires before November 1st and get a season of **free tire storage**.

BIRCHWOODTIRES.CA | TOLL FREE: **1-888-714-5789**